



Southeast Regional Community Center

5260 Hickory Hollow Parkway Suite 202, Antioch, TN 37013 615-862-8902

Fitness Classes Summer Enrichment Program Gymnasium Special Activities (\$) – Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Summer 2017 Program Schedule (subject to change) <u>Facilities Manager</u> Thomas Floyd <u>Program Coordinator</u> Angela Simpson <u>Recreation Leaders</u> Elona Tribue Robert Sutton Brandon Hughes Lauren Branham Charles Watkins Archie Dennard John Holt Kiera Phillips <u>Seasonal Rec Leaders</u> Sydney Settles DeHaven Hillsman Ndidi Madu Tryce Lively Zarian Hayes Ramon Martinez Flores	6:00am-9:00am Adult Open Gym (Basketball) 9:00am-4:00pm Summer Enrichment Program 12:00pm-1:00pm Ab Blast (\$) w/Staff 4:00pm-6:00pm Teen Time (Basketball) 6:00pm-8:00pm Chicago Steppin' (Multipurpose #2) w/Troy 6:00pm-8:00pm Pickleball/Badminton Half Court (Gym)	6:00am-9:00am Adult Open Gym (Basketball) 9:00am-4:00pm Summer Enrichment Program 5:00pm-8:00pm Adult Basketball League (\$) 6:30pm-7:30pm Zumba (\$) w/Sandy 7:30pm-8:30pm Line Dancing (Multipurpose #2) w/3D & Nicki	6:00am-9:00am Adult Open Gym (Basketball) 9:00am-4:00pm Summer Enrichment Program 6:30pm-7:30pm Boot Camp (\$) w/Staff 6:30pm-7:30pm Power Yoga (\$) (Multipurpose #2) w/Will 6:00pm-8:15pm Adult Open Gym (Basketball)	6:00am-9:00am Adult Open Gym (Basketball) 9:00am-4:00pm Summer Enrichment Program 4:00pm-6:00pm Teen Time (Basketball) 6:00pm-8:15pm Ladies' Night Open Gym (Basketball) 6:30pm-7:30pm Zumba (\$) w/Sandy 6:30pm-7:30pm Boot Camp (\$) w/SE Staff	6:00am-9:00am Adult Open Gym (Basketball) 9:00am-4:00pm Summer Enrichment Program 12:00pm-1:00pm Ab Blast (\$) w/Staff (beginning 1/6/2017) 4:00pm-6:00pm Teen Time (Basketball) 6:15pm-7:15pm Zumba (\$) 6:00pm-7:15pm Family Night Gym (Basketball)	8:00am-11:45am Family Open Gym 8:00am-11:30am Cremona Strings (Multipurpose Room #3) 9:00am-10:00am Boot Camp (\$) w/Staff 10:00am-12:00pm Line Dancing w/3D & Nicki Membership Fees: <u>Daily Pass</u> Adult \$3.00 Teens & Senior \$1.50 <u>10 Visit Pass</u> Adult \$20.00 Teens & Senior \$10.00 <u>Monthly Pass</u> Adult \$30.00 Teens & Senior \$20.00 <u>10 Pass Fit Card</u> \$30.00 <i>Teens 13-17 Senior 62 and up</i>
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Adult Open Gym- welcomes ages 18 and up to participates in a variety of activities that take place in the gym.

Badminton- a racquet sport played by with two opposing players who take positions on opposite halves of a rectangle court divided.

Boot Camp- Mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little but further than they would normally push themselves in the gym.

“Chicago Steppin”- urban dance that originated in Chicago and continues to evolve while defining its unique style.

Family Open Gym- Time for children and their adults to come together and play in the gym.

Ladies’ Night Open Gym- welcomes women ages 16 and up to participates in full court basketball games in the gym.

Line Dancing- a form of dance in which dancers line up in a row and follow choreographed pattern of steps to music.

Pickle Ball- is a racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

Summer Enrichment Program- Children who are registered participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for this free program, so advance applications were submitted.

Teen Time- time allotted for teens ages 13 to 18 to occupy the gym, where they can play basketball, badminton or other fun

Yoga- Hindu spiritual and ascetic discipline, a part of which includes breath control, simple meditation, and adoption specific bodily postures.

Zumba- an aerobic fitness program that combines Latin and international music with dance moves.

The Mission of Metro Board of Parks and Recreation

To provide every citizen of Nashville and Davidson County with and equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region’s natural resources.

*****Metro Parks does not discriminate on basis of age, race, color, national origin, religion or disability in admission to, access to or operations of its programs, services or activities.*****